



Gymnastics 2013

Why Gymnastics?

-Conditioning, strength and flexibility are the core of any fitness plan and the basis of any sport.

-Today's children are considered the most inactive generation in history. (2011 USA Gymnastics Fitness Program)

-Legacy Gymnastics provides a fun and safe environment with fitness-related activities and classes.

-Approximately one in five kids is overweight, a percentage that has more than doubled in the last 30 years. Childhood obesity is considered the most common nutritional disorder of U.S. children (American Obesity Association)

-Gymnastics provides a solid foundation for becoming physically fit and preparing to participate in other activities and sports.



Dates to Remember!

September 17 Pass Off Night
 October 15 Next Pass Off Night
 September 20 October's Tuition due
 September 28 No classes – Legacy Meet
 October 10-14 Classes WILL be held during Fall Break.
 October 24-25 No Gymnastics due to the Legacy Halloween Party.

Welcome New Gymnasts!

Here are some helpful hints to get the most out of the program:

*Wear gymnastics clothing to class.

Leotards, fitted t-shirts, smaller shorts, etc. No Levi's, buttons or zippers please.

*Pull hair back away from your face. If bangs are long, please secure them back too.

*Show parents, family and friends what you can do! Every time you do your spits, you gain more flexibility!

*Help us limit distractions - please do not call down from the upper floor.

Attention Preschool Parents!

Our policy is that a parent stays in view of the coach during their preschooler's gymnastics class. Please do NOT leave the facility or use the track during their class. If your gymnast needs a potty break or some extra attention, we will need your assistance. Thanks for help with this matter!

We are looking to expand our coaching staff. If you have previous gymnastics experience and are interested, please call Necia at 801-768-7124 ex. 2310

Gymnasts 7 years old and younger must be picked up at the gymnastics doors by their responsible person.

We are in need of Trade

If you are interested in doing trade (setting up and tearing down equipment) for your gymnast's tuition, please contact Melanie at 801-766-9680.

Spectators:

We greatly encourage family and friends to watch their gymnast during class time. For everyone's safety, please sit in the above mezzanine area and closely supervise any children not participating in class.

***October's tuition is due September 20th.**

Tuition in the Blue Envelopes may be turned into the front desk by the due date. After the 20th, tuition needs to be turned into the registration office. Registration will need to check for availability. FYI: Classes are full!